



**City of
Santa Clara**
The Center of What's Possible

Santa Clara Senior Center

NEWS

June 2015

VOLUNTEER WITH US!

We rely heavily on volunteers to offer the many wonderful programs and activities which enrich the quality of life for residents and visitors alike. Have you ever considered volunteering your time and talent at the Senior Center? We are currently seeking volunteers to assist us with the following programs:

- ◆ Customer Service Greeters
- ◆ Lapidary
- ◆ Computer Lab
- ◆ Billiards
- ◆ Fitness Center – early morning and early evening shifts are available immediately

Volunteer positions are available for both day and evening shifts. We will work with you to accommodate your availability. For information regarding each volunteer position or completing an application, please visit santaclaraca.gov/volunteer and click on the Volunteer Opportunities link. Volunteer applications are accepted on-line only.

The computer lab is available for prospective volunteers who do not have computer access at home. Those who do not have computer experience may make an appointment with us to assist with the application process.

If you do not see something that interests you within the list above, contact Susan Bates at (408) 615-3170 or sbates@santaclaraca.gov for more information. Volunteering is fun when you're with friends, so grab a friend and sign up to volunteer today.

DATES TO REMEMBER

The Natatorium will be closed for maintenance beginning June 1st and reopening June 8th.

On-Street Parking Striping Around the Senior Center:

Tues., June 2nd - Fremont Street

Wed., June 3rd - Harrison Street

Free Movie Screening

Alive Inside

(A Story of Music and Memory)

Brought to you by the Santa Clara Women's League

Wed., June 24th, 1:00 pm – 3:30pm
In Room 222

Health and Wellness On the Go

Tues., June 16th, 11:00 am - 12:30 pm
Northside Library - Group Study Room

Santa Clara Parks and Recreation Department

Santa Clara Senior Center

1303 Fremont St., Santa Clara, CA 95050 - (408) 615-3170

www.santaclaraca.gov/seniorcenter - custservsrcenter@santaclaraca.gov

www.facebook.com/santaclaraparksandrec

Monday, Wednesday, and Friday 7:00 am - 5:00pm / Tuesday and Thursday 7:00 am - 7:00 pm

Saturday 9:00 am - 12:00 pm

SERVICES AVAILABLE AT THE SENIOR CENTER

	Provider	Phone/Website
Health and Wellness Services Services available by appointment. Program provides care management, health education, healthcare coaching, social engagement, home visits, blood pressure, in-home assessment, connection to community resources, and service coordination. The service available on a drop-in basis is the blood pressure clinic on Thursdays, from 9:30 - 11:30 am. Services are available to City of Santa Clara seniors age 50+.	Santa Clara Parks & Recreation	(408) 615-3170 www.santaclaraca.gov
Health Insurance & Medicare Counseling (HICAP) A free service available by appointment for information and assistance on Medicare related issues. Services are available to anyone on Medicare.	Sourcewise	(408) 615-3170 www.mysourcewise.com
Senior Information and Resources Information, resources, and referral services for seniors at home. Services are available to City of Santa Clara seniors at age 50+.	Santa Clara Parks & Recreation	(408) 615-3170 www.santaclaraca.gov
Senior Peer Advocate Services available by appointment. Program provides information and assistance to connect Santa Clara residents to a variety of community resources; services, and benefits such as: transportation, housing, food, healthcare, caregiving/family support, legal services, and social/educational activities.	Santa Clara Parks & Recreation	(408) 615-3170 www.santaclaraca.gov
Legal Assistance (SALA) Free legal assistance available by appointment. Services are available to Santa Clara County seniors age 60+.	Senior Adult Legal Assistance (SALA)	(408) 615-3170 www.sala.org
Dining Out A nutritionally balanced lunch served weekdays at 11:30 am. Advanced reservation is required. A \$3.00 donation suggested. Services are available to Santa Clara County seniors age 60+.	Santa Clara Parks & Recreation and Santa Clara County	(408) 615-3170 www.santaclaraca.gov
Tax Assistance Offered throughout the year.	AARP Volunteers	(408) 615-3170
Notary Service Free service by appointment. Signer must be present and provide government issued identification. Services are available to seniors age 50+.	Volunteer	(408) 615-3170 www.santaclaraca.gov

Discover additional resources for seniors @ www.santaclaraca.gov/SeniorCenter or at the Senior Center.

AMERICANS WITH DISABILITIES ACT (ADA) - In accordance with the Americans with Disabilities Act of 1990, the City of Santa Clara Parks and Recreation Department will ensure that all existing facilities will be made accessible to individuals with disabilities. Reasonable modification in policies, procedures, and/or practices will be made as necessary to ensure full and equal access and enjoyment of all programs and activities for all individuals with a disability. In order to allow participation by individuals with severe allergies, environmental illnesses, multiple chemical sensitivity, or related disabilities, **please DO NOT wear scented** products to programs/activities at City facilities. Contact the Santa Clara Senior Center at (408) 615-3170 with accessibility concerns specific to this facility, and the Parks and Recreation office at (408) 615-2260 for accessibility concerns regarding other parks and recreation facilities/programs. For all other ADA questions contact the City Clerk's office at (408) 615-2220.

DAY CLASSES

**Join us for exciting classes that will energize & motivate you
to increase your fitness & activity levels.**

Seniors of all ages (50 & up) and abilities are encouraged to register.
Please refer to the Recreation Activities Guide for class fees and schedules.

Fitness for All

Mondays, 9:00 - 9:45 am

Wednesdays, 10:30 - 11:15 am

Gentle aerobic, toning, and stretching exercise will improve your balance, flexibility, endurance, range of motion, sense of equilibrium, and core muscular strength. Exercises will include chairs for props while sitting or standing. All abilities are welcome.

Instructor - A. Biscardi

Jazzercise with Jerome

Mondays and Wednesdays - 7:30 - 8:30 am

This fun, energizing jazz program consists of cardio, strength building, and stretching moves. Modifications to each routine are offered to meet the needs and fitness levels of all participants. **Instructor - J. Flowers**

No Falls S.O.S.

Tuesdays and Thursdays - 11:00 - 11:30 am

Stretch, Observe, & Strengthen your way to decreasing the risk of falling. Focusing on falls prevention, this class aims to improve your balance, sense of equilibrium, flexibility, spatial awareness, and core muscular strength.

Instructor - M. Pozzi

Pilates Mat—Building the Foundation

Tuesdays and Thursdays - 7:30 - 8:30 am

This class will focus on the fundamental principles of Pilates to achieve greater overall body strength and flexibility by concentrating on the physical core. The class will flow in a manner that challenges and adapts to the needs of the participants. **Instructor - J. Russum**

P90X for Active Seniors

Tuesdays and Thursdays - 12:00 - 12:45 pm

P90X is a full-body, strength conditioning class for active adults with healthy joints. The class goes back to the fundamentals, practicing balance, agility, and strength using hand weights. Participants need to be able to move to the floor and back into a standing position easily. Please note this is a high-activity level class.

Instructor - T. Anderson

Small Group Fitness Training

Tuesdays and Thursdays - 11:00 - 11:55 am

Intermediate Level

Is personal training too expensive or intimidating? Try our small group fitness training! Led by a certified personal trainer, you will be supervised through cardiovascular warm-up, stretching, and led through a small group workout which will include machines, free weights, and assorted fitness equipment. **Instructor - T. Anderson**

Tai Chi for Life

Tuesdays and Thursdays,

8:45 - 9:45 am, Intermediate level

(Beginner level pre-requisite)

Tuesdays and Thursdays,

9:45 - 10:45 am, Beginner level

Learn new ways to relax, revitalize, and have fun! Tai Chi is a mindful, internal martial art that flows in gently and slowly using whole body movements. Tai Chi promotes health, balance, flexibility, strength, and clarity.

Instructor - L. Scheer

Introduction to Woodworking, #56288

Mon. 6/22; Wed. 6/24; and Fri. 6/26

9:00 am - 1:00 pm

This class is presented in two parts: lecture and Demonstrations, and construction of your projects. Learn the joy of woodworking and make this a part of your life. **Instructor - T. Freitas**

Zumba Gold® with Ginger

Mondays, 10:00 - 10:45 am, and

Wednesdays, 9:30 - 10:15 am

Zumba Gold® with Ginger is a Latin dance-inspired workout. Let the music move you in the upbeat, "fitness party." Zumba Gold with Ginger is a low impact, easy-to-follow fitness class that keeps you in the groove of life!

Instructor - G. Wilson

**Sometimes classes are cancelled
because people wait too long to
register. Please register early to
avoid disappointment.**

EVENING CLASSES

Improve your mind and body. Sign up for fitness and special interest classes.

Seniors of all ages (50 & up) and abilities are encouraged to register!

Please refer to the Recreation Activities Guide for class fees and schedules.

Beginning Guitar

Thursday, 5:15-6:00 pm

Learn basic rhythm, chords, and tablature as well as playing with proper technique in a group setting. No experience necessary! Please bring your own instrument to class.

Instructor-Lee

Beginning Ukulele

Thursday, 6:05 -6:50 pm

Learn basic rhythm, chords, and tablature as well as playing with proper technique in a group setting. No experience necessary! Please bring your own instrument to class.

Instructor-Lee

Self-Defense for Seniors

Tuesday, 5:15-6:15 pm

Strength to protect oneself comes from an awareness of surroundings, a fearless presence, and an understanding of your capabilities. Participants will learn strategies to help protect themselves from assaults and escape from attackers, whether it be in the home, in public, or in an automobile. Instructor will also discuss everyday items that can be used for self-defense.

Instructor-T. Janovich

Sometimes classes are cancelled because people wait too long to register. Please register early to avoid disappointment.

Aquatic Bootcamp

Thursday, 5:30-6:30 pm

This no-nonsense shallow and deep water workout formula delivers high intensity training options with and without equipment designed to target fitness components of agility, balance, coordination, speed and cardio capacity. In this group class format, participants perform a blend of traditional calisthenics, body weight and equipment-based resistance exercises and interval training techniques in a variety of positions (vertical/horizontal/diagonal) to enhance the full fitness spectrum (anaerobic, aerobic and mobility) that is targeted in each session. This class is open to beginners who are very comfortable in shallow and deep water.

Instructor-M.Pozzi

Hydro – Pilates

Tuesday, 5:30– 6:30 pm

Hydro – Pilates is a low to non-impact strengthening and stretching movements that require precise breathing and muscle control. Practicing Pilates in the water helps develop better trunk stabilization, encourages postural alignment, helps relieve stress, and aids to facilitate increased range of motion around joints. This series of exercises initiates movement from the trunk-abdominals, mid/low back, hip and buttocks, and flows outward to the extremities. Training the muscles to be both movers as well as stabilizers helps improve posture, balance and encourages an overall sense of well-being. The postures and movements are adaptable for everyone.

Instructor– M. Pozzi

For Tuesdays and Thursdays, the Natatorium is now open until 6:30 p.m. The Fitness Center and all other activities and classes will end at 7:00 p.m.

HEALTH & WELLNESS/CARE MANAGEMENT

National Health Observances are special days, weeks, or months focused on raising awareness about important issues related to health and well-being. June's observance is Alzheimer's disease and memory loss.

Important facts about Alzheimer's disease are: nearly half of adults aged 85 and over have Alzheimer's disease; out of approximately 5.4 million Americans with Alzheimer's, more than half may not know they have it; more women than men have Alzheimer's disease; in America, a new case of Alzheimer's develops every 68 seconds - by 2050, the incidence will increase to every 33 seconds; Alzheimer's is the 6th-leading cause of death in the U.S., and the 5th-leading cause of death in adults aged 65 and over; and an estimated 800,000 Americans with Alzheimer's are living alone.

Stop by our Senior Center lobby, at the Health & Wellness Program table on **June 10th from 10AM -12PM** to learn about Alzheimer's disease and memory loss. Also learn about behavior modification strategies and management. There will be helpful handouts and friendly volunteer nurses to answer your questions.

A Few Good Men (and Women too!)

Fridays, 12:30 - 2:00 pm, Room 205

Let's increase the fun and invite a few good women to join - the more the merrier! Come share stories and laughs, current events, or just compare notes with a lively group who enjoy discussing what's on their minds. No registration is required and participation is free.

Blood Pressure Clinic

Thursdays, 9:30 - 11:30 am

Free drop-in blood pressure check by our volunteer nurse is available every Thursday morning in the Health & Wellness office.

Clutter Free

The 2nd and last Thursday of each month

10:30 am - 12:00 pm, Room 205

This peer-led support group focuses on new skills and perspectives as we share strategies for managing all our stuff. Please drop in on our next meeting or call Mallory von Kugelgen, Health and Wellness Coordinator at (408) 615-3180, for more information.

Senior Peer Advocate (SPA)

Mondays, 10:00 am - 12:00 pm, Room 205

SPA volunteers provide information and assistance to connect you to all sorts of community resources. SPA appointments are free and available through the Senior Center front desk. Whether you're looking for ways to get more help at home or need information about grab bars, we'll do our best to help.

Transitions

Mondays, 1:00 - 2:30 pm, Room 205

Feeling lost or overwhelmed? This support group can help you navigate life's changes. This is a drop-in group, and participation is free. Join anytime... you are welcome here.

Wednesday Walk-a-Block

Wednesdays, 10:00 - 10:30 am

One of the easiest ways to keep your heart healthy is by walking! Join us for Walk-a-Block on Wednesday mornings from 10:00 - 10:30 am. Walkers meet in the front lobby at 10:00 am and walk for approximately 30 minutes. Bring a friend and join your fellow walkers for some fresh air and exercise.

Summer Wellness Series

Classes are held on Tuesdays from 1:00 - 2:00 pm, in Room 149 (unless otherwise noted).

Pre-registration is required at the Front Desk or online. Each class costs \$6 with a Santa Clara senior resident discount or \$8 for non-residents. Join us for some interesting discussions and up-to-date information.

Register early! Classes not meeting the enrollment requirement will be canceled one week prior to the class date.

Brain Health—June 30th, Course #56336; Room 149; 1:00 pm - 2:00 pm

Good health isn't just about physical fitness, but mental fitness as well. We will be discussing strategies on how to keep your brain healthy based on the latest research, what really works, and how to incorporate these strategies into your daily life. Join us to find out how to keep your mind sharp at any age.

ALWAYS HAPPENING

Ballroom Dancing

Tuesdays and Thursdays, 7:30 - 10:30 pm

(Dance Lessons, 6:30 - 7:30 pm / Dances, 7:30 - 10:30 pm)

Dancing is a great way to exercise, socialize, and connect with friends new and old. Dance lessons are free with paid admission, and the lessons change every month. Dances taught include: Waltz, Fox Trot, Latin, and more. For the month of May, the Tuesday dance lesson is Beginning Cha Cha, and the Thursday dance lesson will be the Foxtrot. Admission to the dance is \$6 when live bands play and \$5 when hosted by a DJ.

Drop-In Crafts

Thursdays, 1:00 - 3:00 pm, Room 149

The Santa Clara Senior Center invites you to revisit an old hobby or take up a new one. Here is an opportunity to work on your own self-directed project in the company of others who share your love of crafts. Please do not bring in projects that produce strong fumes. Finishing products are not allowed in the Senior Center. All seniors age 50+ are welcome. Engage your brain as well as your creativity.

Santa Clara Women's League

2nd Tuesday of each month, 1:00 pm

The Santa Clara Women's League is a service organization which supports the Health and Wellness Program at the Senior Center. Membership flyers are available at the Santa Clara Senior Center. New members are always welcome. www.santaclarawomensleague.org

Welcome Newcomers

3rd Thursday of each month, 10:30 - 11:30 am, Room 205

Join us for an informal yet informative get-together as we introduce you to the activities, programs, and services the Santa Clara Senior Center has to offer. An escorted tour of the 60,000 square foot facility will be available to those interested. Seniors, family members, and caregivers are welcome to attend. No registration is necessary.

Game On!

Santa Clara Parks and Recreation Department invites you to play at the Senior Center. Playing games is a great way to spend time with old friends and meet new friends, all while keeping your mind sharp and staying "on top of your game." Most games can accommodate any number of drop-in players. Refer to the table below for more information on a game that interests you.

Game Activities	Day	Time	Location	Contact	Drop Ins
Bingo	Tues Fri	12:45 - 2:45 pm 12:45 - 3:00 pm	Multi-purpose Room	Staff, 615-3170	Welcome

Games, Games, Games





Mexican Train, Dominos, Cribbage, and more	Mon and Wed	1:00 - 3:00 pm	Multi-purpose Room	Staff, 615-3170	Welcome
--	-------------	----------------	--------------------	-----------------	---------

Cards Games

Bridge, Intermediate	Mon, Wed, Fri	12:30 - 3:00 pm	Mezzanine (Multi-purpose Room on 4th Wed.)	Duane, 246-9794	Call first
Bridge, Intermediate	Wed	9:00 am - 12:00 pm	Multi-purpose Room	Betty, 248-3952	Call first
Canasta, Pinochle	Tues	12:00 - 4:00 pm	Multi-purpose Room	Staff, 615-3170	Welcome
Poker	Mon - Fri	7:30 - 9:00 am	Multi-purpose Room	Staff, 615-3170	Welcome

Active Games

Wii	Mon, Wed, Fri Tues and Thur Sat	7:00 am - 4:30 pm 7:00 am - 7:00 pm 9:00 am - 12:00 pm	Fitness Center	Staff, 615-3170	Welcome
-----	---------------------------------------	--	----------------	-----------------	---------

Monday		Tuesday		Wednesday		Thursday		Friday	
	1		2		3		4		5
B.B.Q. Chicken Whole Grain Bread Steamed Spinach Potato Salad Mandarin/Oranges		Roast Beef w/Gravy Tomato Basil Soup  Normandy Blend Vegetables Whipped Potatoes Pineapple Tidbits		Breaded Fish Sandwich Whole Grain Bun Peas w/Pimentos Spinach Romaine Salad Fresh Orange		Sesame Pork White Rice Oriental Blend Vegetables Carrot Raisin Salad Cantaloupe		Hamburger w/Cheese Whole Grain Bun Broccoli Slaw Baked Sweet Potato Fries Fresh Watermelon	
8		9		10		11		12	
Baked Tilapia w/Salsa Brown Rice Pilaf Steamed Carrots Garlic Green Beans Fresh Orange		Roast Turkey w/LS Gravy Bread Stuffing California Blend Vegetables Spinach Romaine Salad Peach Crisp		Orange Glazed Chicken Minestrone Soup Brown Rice  Caribbean Blend Vegetables Fresh Fruit in Season		Meatloaf w/Gravy Whole Grain Roll Normandy Blend Vegetables Whipped Potatoes Tropical Fruit		Pineapple Glazed Pork Sesame Noodles Steamed Broccoli Spinach Romaine Fresh Banana	
15		16		17		18		19	
Rosemary Turkey Whole Grain Bread California Blend Vegetables Mashed Potatoes Fresh Fruit in Season		B.B.Q. Pulled Pork Whole Grain Bun Baked Beans Caesar Salad Cantaloupe		Fish w/Ginger Sauce Sesame Noodles Oriental Blend Vegetables Asian Slaw Gelatin w/Mandarin		Chicken Parmesan Lemon Orzo Italian Blend Vegetables Tossed Salad w/Broccoli Pineapple Tidbits		Cold Seafood Salad Black Bean & Kale Soup Oregon Bean Medley Spinach Romaine  Fresh Strawberries	
22		23		24		25		26	
Herbed Roasted Pork Whole Grain Bread Normandy Blend Vegetables Corn Tropical Fruit Salad		Rotisserie Chicken Lentil Soup  Caribbean Blend Vegetables Baked Potato Fresh Fruit in Season		Flat Bread Pizza Pizza Bread Malibu Blend Vegetables Garden Salad w/Broccoli Apple Crisp		Italian Style Flounder Brown Rice Pilaf Glazed Carrots Broccoli Raisin Salad Fresh Banana		Chicken Fajitas Flour Tortilla & Spanish Rice Pinto Beans Fiesta Garden Salad Fresh Orange	
29		30							
Roast Beef w/Gravy Whole Wheat Roll Fiesta Blend Vegetables Whipped Potatoes Fresh Orange		Pork Marsala Brown Rice Italian Blend Vegetables Caesar Salad Mandarin Oranges							

Alternative meals are higher in sodium.

Week1 : Turkey Cobb Salad, Cottage Cheese Salad, Tuna Salad Sandwich, Veg. Wrap

Week2: Chef Salad, Black Bean/Orzo Salad, Roast Beef Sandwich, Black Bean Burger

Week3: B.B.Q. Chicken Salad, Spinach/Walnut/Berry Salad, Turkey Sandwich, Egg Salad Sandwich

Week4: Chinese Chicken Salad, Lentil Salad, Vietnamese Pork Sandwich, Veg. Pita

Week5: Turkey/Citrus Salad, Tuscan Bean Salad, Chicken Salad Sandwich, Lentil/Feta Wrap

DINING OUT

JUNE SPOTLIGHT *...Did You Know?*

MONDAY	TUESDAY	WEDNESDAY
1 New Fitness Classes start at the beginning of every month! Sign up now for July.	2 TGA Tuesday Night Dance ChaCha Dance Lesson, 6:30 - 7:30 pm Nob Hill Sounds, 7:30 - 10:30 pm Self Defense for Seniors 5:15 - 6:15 pm	3
8	9 TGA Tuesday Night Dance ChaCha Dance Lesson, 6:30 - 7:30 pm 10th Avenue Band, 7:30 - 10:30 pm Self Defense for Seniors 5:15 - 6:15 pm Coached Lap Swim 5:30 - 6:30 pm Hydro Pilates 5:30 - 6:30 pm	10
15	16 Health and Wellness on the Go 11:00 - 12:30pm TGA Tuesday Night Dance ChaCha Dance Lesson, 6:30 - 7:30 pm Geri Foley, D.J., 7:30 - 10:30 pm Self Defense for Seniors 5:15 - 6:15 pm Coached Lap Swim 5:30 - 6:30 pm Hydro Pilates 5:30 - 6:30 pm	17
22 Intro. to Woodworking 9:00 -1:00 pm Senior Advisory Committee 10:00-12:00pm	23 Woodshop Orientation 9:30 -11:30 am TGA Tuesday Night Dance ChaCha Dance Lesson, 6:30 - 7:30 pm Colin Dickie, D.J., 7:30 - 10:30 pm Self Defense for Seniors 5:15 - 6:15 pm Coached Lap Swim 5:30 - 6:30 pm Hydro Pilates 5:30 - 6:30 pm	24 Intro. to Woodworking 9:00 -1:00 pm Alive Inside 1:00 - 3:30 pm Let's Talk Travel 12:30 -1:30 pm
29	30 TGA Tuesday Night Dance ChaCha Dance Lesson, 6:30 - 7:30 pm Tenor Band, 7:30 - 10:30 pm Self Defense for Seniors 5:15 - 6:15 pm Coached Lap Swim 5:30 - 6:30 pm Hydro Pilates 5:30 - 6:30 pm	

JUNE SPOTLIGHT...*Did You Know?*

THURSDAY	FRIDAY	SATURDAY
<p>4</p> <p>Thursday Night Dance Tango Dance Lesson, 6:30 - 7:30 pm Colin Dickie, D.J., 7:30 - 10:30 pm</p> <p>Beginning Guitar 5:15 - 6:00 pm Beginning Ukulele 6:05 - 6:50 pm</p>	<p>5</p>	<p>6</p> <p>Join us on Saturdays from 9:00 am - 12:00 pm, for billiards, shuffleboard, and darts.</p>
<p>11</p> <p>Thursday Night Dance Tango Dance Lesson, 6:30 - 7:30 pm Lyratones Band, 7:30 - 10:30 pm</p> <p>Aquatic Boot Camp 5:30 - 6:30 pm Beginning Guitar 5:15 - 6:00 pm Beginning Ukulele 6:05 - 6:50 pm</p>	<p>12</p>	<p>13</p>
<p>18</p> <p>Lunch Meet 12:30 - 1:30 pm Welcome Newcomers 10:30 - 11:30 am</p> <p>Thursday Night Dance Tango Dance Lesson, 6:30 - 7:30 pm Colin Dickie, D.J., 7:30 - 10:30 pm</p> <p>Aquatic Boot Camp 5:30 - 6:30 pm Beginning Guitar 5:15 - 6:00 pm Beginning Ukulele 6:05 - 6:50 pm</p>	<p>19</p>	<p>20</p>
<p>25</p> <p>Thursday Night Dance Tango Dance Lesson, 6:30 - 7:30 pm 10th Avenue Band, 7:30 - 10:30 pm</p> <p>Aquatic Boot Camp 5:30 - 6:30 pm Beginning Guitar 5:15 - 6:00 pm Beginning Ukulele 6:05 - 6:50 pm</p>	<p>26</p> <p>Intro. to Woodworking 9:00 - 1:00 pm</p>	<p>27</p>

ALWAYS HAPPENING

Billiards

**Mondays - Fridays, 7:00 am - 5:00 pm,
Saturdays, 9:00 am - 12:00 pm**

Come play a "round of pool" with friends. The billiards room at the Senior Center offers everything you need to get the game going. Five standard pool tables covered with Simonis billiards cloth, pool balls, cue sticks, and bridges are available for use on a first-come, first-served basis.

Shuffleboard

**Mondays - Fridays, 7:00 am - 5:00 pm,
Saturdays, 9:00 am - 12:00 pm**

Located in the Billiards Room is our indoor shuffleboard table. So participate in sliding the weight or shuckle and enjoy a game which has a history dating back 500 years.

Darts

**Mondays - Fridays, 7:00 am - 5:00 pm,
Saturdays, 9:00 am - 12:00 pm**

Also featured in the Billiards Room is a dart board. Come and play a game of Around the World, 500, or Cricket. Equipment checked out at the Front Desk.

Computer Lab

**Mon., Wed., & Fri., 7:00 am - 5:00 pm
Tuesdays and Thursdays, 7:00 am – 7:00 pm
Saturdays, 9:00 am - 12:00 pm**

With 13 personal computers, you have access to utilizing Windows 7 and Microsoft 2010. Also available are two laptop Internet access ports. Computers are unable to save work so please provide your own storage device. Check computer Calendar for closures.

Dining Out

**Served Monday - Friday, 11:30 am
\$3.00 donation**

Call our reservation hotline at (408) 615-3174

Visit with old friends or make new ones while enjoying a nutritionally balanced hot lunch. Menus change throughout the seasons. There is always an option to the hot meal, such as meat or vegetarian salads, and sandwiches. Advance reservations are required and are limited. Participants without a confirmed reservation may check with Dining Out staff or volunteers for the availability of stand-by meals. Meals not claimed by 11:45 am will be made available to stand-by diners. Services are available to Santa Clara County seniors age 60+. Fee for a guest under the age of 60 is \$6.00

Lapidary

Thursdays and Fridays, 9:00 am - 1:00 pm

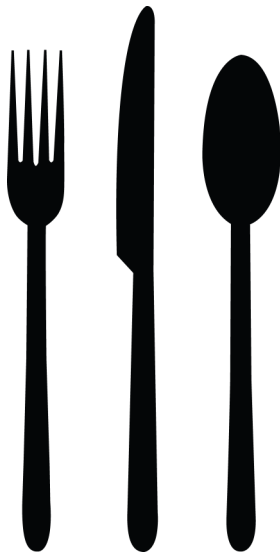
Join the Lapidary drop-in program and learn to cut and polish rocks and begin making beautiful jewelry. A current Registration/Release of Liability Form is required to participate. (There is a participant fee of \$1.00 per day).

Let's Talk Travel

**4th Wednesday of most months,
12:30 - 1:30 pm, Mezzanine**

Share ideas, interact with others who love to travel, and enjoy presentations by tour specialists and staff.

ALWAYS HAPPENING



Lunch Meet

Thursday, June 18, 2015,

12:30 - 1:30pm, Room 232

Topic: Healthy Habits for a Healthier You

Representatives from the Alzheimer's Association will highlight the connection between the health of the brain and the health of our bodies. Science is now able to provide insights into how to optimize our physical and cognitive health as we age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Everyone is welcome to attend this presentation. There is no fee and no registration. We meet in Room 232 from 12:30 to 1:30 PM. Bring a friend and/or family member if you like. While no food is served, feel free to bring your lunch.

Senior Advisory Commission

4th Monday of the month,

10:00 am - 12:00 pm, Room 232

The Senior Advisory Commission was established to act in an advisory capacity, providing City Council with insight regarding matters pertaining to the senior population in our community. The Commission consists of seven Santa Clara residents, who meet monthly, along with City staff, where information is presented and shared, and recommendations are offered on ways to improve the quality of life of all Santa Clara seniors. Commission members include: Wanda Buck, Dwight Collins, ArLyne Diamond Ph.D., Barbara A. (Bobbi) Estrada, Frank Kadlecsek, Sam Orme, and Alice Pivacek. Meetings are open to the public and agendas are posted in the Senior Center lobby and online at www.santaclaraca.gov. You are welcome to drop in for any of our meetings and join the discussion or share your opinions on matters important to you.

Snack Bar

Mondays - Fridays, 8:00 am - 4:00 pm,

Saturdays, 9:00 am - 12:00 pm

Let's go out to the lobby for a hot dog, sandwich, or soda! Visit our snack bar and enjoy the many goodies we have available.

Woodshop

Tuesdays and Thursdays,

8:00 am - 12:00 pm

The Woodshop is a great place to work on small projects and repairs. Join others who enjoy woodworking. Beginners are welcome. A woodshop orientation and a current Registration/Release of Liability form are required to participate. (Donations accepted are used to replenish consumable Woodshop supplies).

FITNESS CENTER & NATATORIUM

The 3,000 square foot Fitness Center is equipped with cardio equipment, weight machines, free weights, core conditioning equipment, and a stretch area. There is something for everyone.

The Fitness Room is Open:

Monday, Wednesday, and Friday, 7:00 am - 5:00 pm

Tuesday and Thursday, 7:00 am - 7:00 pm

Saturday, 9:00 - 12:00 am

To make an informed decision of whether or not the water temperature is suitable for your needs, there is one (1) thermometer in each pool.

Lap Pool: Water temperature ranges from: 81 - 84° F

Warm Water Pool: Water temperature ranges from: 90 - 94° F

Spa: Water temperature ranges from: 97 - 101° F

The Women's Locker Room is Closed for Cleaning:

Monday - Friday, 2:00 - 2:30 pm

Lap Pool Schedule - CLOSED FOR CLEANING Monday - Friday 1:30—3:00 pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am - 10:00 am All Lanes Open Lane #1 - Walk Only	7:00 am - 1:30 pm All Lanes Open Lane #1 - Swim Only	7:00 am - 10:00 am All Lanes Open Lane #1 - Walk Only	7:00 am - 1:30 pm All Lanes Open Lane #1 - Swim Only	7:00 am - 10:00 am All Lanes Open Lane #1 - Walk Only	9:00 am - 11:30 am All Lanes Open Lane #1 - Swim Only
CLASSES		CLASSES		CLASSES	CLOSED
11:00 am - 1:30 pm All Lanes Open Lane #1 - Walk Only		11:00 am - 1:30 pm All Lanes Open Lane #1 - Walk Only		11:00 am - 1:30 pm All Lanes Open Lane #1 - Walk Only	
CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	
3:00 pm - 4:30 pm All Lanes Open Lane #1 - Swim Only	3:00 pm - 4:30 pm All Lanes Open Lane #1 - Walk Only	3:00 pm - 4:30 pm All Lanes Open Lane #1 - Swim Only	3:00 pm - 4:30 pm All Lanes Open Lane #1 - Walk Only	3:00 pm - 4:30 pm All Lanes Open Lane #1 - Swim Only	
CLOSED	4:30 pm - 6:30 pm All Lanes Open For Swim	CLOSED	4:30 pm - 5:30 pm All Lanes Open For Swim 5:30 pm - 6:30 pm Lane #1 - Swim Only Lane #2&3 CLASSES	CLOSED	

Warm Water Pool Schedule - CLOSED FOR CLEANING Monday - Friday 1:30 - 3:00 pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am - 9:00 am	7:00 am - 9:00 am	7:00 am - 9:00 am	7:00 am - 9:00 am	7:00 am - 9:00 am	9:00 am - 11:30 am
12:30 pm - 1:30 pm	12:30 pm - 1:30 pm	12:30 pm - 1:30 pm	12:30 pm - 1:30 pm	12:30 pm - 1:30 pm	CLOSED
CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	
3:00 pm - 4:30 pm	CLASSES	3:00 pm - 4:30 pm	CLASSES	3:00 pm - 4:30 pm	
CLOSED	4:30 pm - 5:30 pm CLASSES	CLOSED	5:30 pm - 6:30 pm	CLOSED	

Spa Schedule - CLOSED FOR CLEANING Monday - Friday 1:30 - 3:00 pm and Wednesday from 1:30 - 4:30 pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am - 1:30 pm	7:00 am - 1:30 pm	7:00 am - 1:30 pm	7:00 am - 1:30 pm	7:00 am - 1:30 pm	9:00 am - 11:30 am
CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED
3:00 pm - 4:30 pm	3:00 pm - 6:30 pm		3:00 pm - 6:30 pm	3:00 pm - 4:30 pm	
CLOSED				CLOSED	

COMMUNITY

Health & Wellness on the Go

The nurses are expanding the Health & Wellness Program to the north side of Santa Clara beginning in June in partnership with our friends at the Northside Library. We'll bring our blood pressure clinic, health education table, and information/referral resources to the Northside Library from 11am – 12:30pm, Group Study Room 1, on these Tuesdays: June 16, July 21, and August 18. These will be drop-in events, free of charge. If you know a senior who lives in that area who would benefit from meeting our nurses, please spread the word. We look forward to seeing everyone there!

Free Movie Screening

Alive Inside - A Story of Music and Memory

Brought to you by the Santa Clara Women's League

When: Wed., June 24th

Time: 1:00 pm – 3:30 pm

Location: Room 222

Please join us to experience this inspirational and heart-warming film that shows just how deeply music can touch us all. Audiences nationwide have cheered, laughed, and given *Alive Inside* rave reviews. More than a story about how music can combat memory loss and dementia, *Alive Inside* also reveals how music can restore a deep sense of self to us all. After the movie, which runs 73 minutes, we'll have a 30-minute discussion facilitated by our Health & Wellness Program Nurses. Best of all, thanks to the generosity of the Santa Clara Women's League, admission is free.

Stanford COMPASS Study

Is physical activity a part of your weekly routine? Would you like to help other members of your community be more active and become more physically fit? The City of Santa Clara is partnering with the Stanford Prevention Research Center's Healthy Aging Research group to promote successful aging through the Stanford COMPASS Study. Stanford University is looking for people to participate as health promoters and partner with older adults to be more physically active. The COMPASS study will last approximately 12 months and has a flexible schedule. As a health promoter you will:

- Receive special individual training
- Advise 8-10 older adults
- Contact participants on a weekly basis to review their progress
- Participate in promoter meetings

If you are interested in being a health promoter, please contact Ines Campero (408)507-1852 or German Blanco (650)248-8345

NEW RESOURCE FOR PROTECTING OURSELVES FROM IDENTITY THEFT

A very useful website hosted by the Federal Trade Commission (FTC) regarding identity theft is now available. Many resources are held within the website including sample letters and stream lined checklists. Taken directly from the site, here is a step-by-step direction on what to do if you think your information has been compromised:

1. Call the companies where you know fraud occurred.
2. Place a fraud alert and get your credit report.
3. Report identity theft to the FTC.
4. File a report with your local police department.
5. Close new accounts opened in your name.
6. Remove bogus charges from your accounts.
7. Correct your credit report.
8. Consider adding an extended fraud alert or credit freeze.
9. Resolve tax-related identity theft.
10. Report a misused Social Security number.
11. Stop debt collectors from trying to collect debts you don't owe.
12. Replace government-issued IDs.
13. Resolve child identity theft.
14. Resolve medical identity theft.
15. Clear your name of criminal charges.
16. Contact your utilities provider.
17. Contact your checking accounts provider.
18. Contact your student loans provider.
19. Contact your investments accounts.
20. Verify if a bankruptcy is filed in your name.

For more information, log on to: <https://www.identitytheft.gov>.

THERAPEUTIC RECREATION SERVICES (TRS)



Social Recreation, Special Interest/Wellness Classes and Co-Sponsored Programs provide opportunities to DEVELOP, EXPRESS, CREATE, LEARN and GROW at his/her own level of functioning. Programs and activities are **positive, achievable and non-competitive** oriented focusing on one's **ABILITIES** rather than disabilities.

Meaningful and Purposeful Activities are planned that Develop and Enhance:

- Leisure Awareness • Personal Growth & Development • Self-Esteem • Increased Independence • Social Skills
- Community Awareness • Self-Confidence • Health and Wellness • Communication
- Fine & Gross Motor Coordination • Community Pride • Quality of Life

SOCIAL RECREATION PROGRAMS

Adult Social Club (Ages 21+)

Tuesday, 6:00 pm—8:30 pm

This club is designed for individuals who enjoy being physically active, learning new games, socializing with peers and developing new friendships all in a fun energetic environment. Focus is on group process, appropriate social interaction and leisure education. **Participant must be able to attend a large social gathering with minimal supervision and minimal assistance from staff. (1:12 ratio provided).**

CapABILITIES Club (Ages 40-60+)

Wednesday, 5:30 pm - 7:30 pm

This social recreation club is designed to meet the needs of individuals who require additional assistance in communication, physical “hand-over-hand” activity and conflict resolution. This club is perfect for the older participant interested in socializing with peers in smaller groups. Activities are geared to motivate and stimulate the senses, at a comfortable more relaxed pace. **Participant must be able to attend a social gathering with limited supervision, or bring an attendant (1:8 ratio provided).**

The “Social-Lites” Club (Ages 21+)

Friday, 6:00 pm - 9:00 pm

Step out on Friday nights! Community, social and leisure awareness is the focus of this group. Spend time with friends; organize group outings, activities and special events; strengthen life skills in money management and social etiquette. Two to three outings are planned per session. Transportation is not provided. **This club is designed for the independent, higher functioning individual. Participants must be able to attend and interact with minimal supervision, and/or independently direct staff for assistance. (1:12 ratio provided)**

Children’s Recreation (Ages 4-12)

Saturday, 9:30 am - 11:30 am

Wake up! Get out! Come play on Saturday mornings! Participants are placed in a designated playgroup with peers based on age and functioning level. Activities, for the younger participant’s group, are geared towards parallel play, and provide exploration, self-expression, independence and physical development. The older participant’s group emphasizes small group play, appropriate social interaction, decision making and skill development. **Please send your child with a healthy snack each week. (1:5 ratio provided).**

Teen Club (Ages 13+)

Thursday, 6:00 pm - 8:30 pm

Teens just want to have FUN! And that’s what this high energy active group enjoys each week. Join friends and make new ones while participating in active group games, crafts, music, and special events. At the Teen Center, participants can hang out with teens while having fun with games, crafts, movies and much more! **Participants must be able to attend a social gathering with limited supervision and minimal assistance provided, or bring an attendant. (1:8 ratio provided)**

Certified Therapeutic Recreation Specialists and qualified Therapeutic Recreation Staff manage and supervise TRS, ensuring the highest quality and knowledge of therapeutic modalities and intervention. Enthusiastic teams of TR Leaders serve as positive role models and are prepared to meet the social and recreational needs of individuals with disabilities.

For more information contact
Therapeutic Recreation Coordinator
Melissa Santos, CTRS - 408-615-3183

THERAPEUTIC RECREATION SERVICES (TRS)



Children's Recreation



For Youth With Disabilities Ages 4-12

This is a play program designed for children with disabilities including those with Autism Spectrum Disorders. The class includes music, games, arts and crafts, and movement activities. Children should bring a snack to class each week. Staff to Participant ratio is 1:5.

This program is designed to increase:

- Social Interaction Skills
- Creative Expression Skills
- Physical Development and Independence

Where: Community Recreation Center
969 Kiely Blvd.
Santa Clara, CA 95051

When: July 11, 2015 - August 29, 2015
9:30 am - 11:30 am
Course #56323

Therapeutic Recreation

Swim Classes

For Youth (4-12) and Adults (13+) with Disabilities

Swim classes are designed for persons with disabilities and focus on safety, water adjustment, health/wellness, fitness, relaxation, self-esteem, and enjoyment. Water safety is emphasized through adapted basic swim instruction and challenging water play/activities. Small group classes are structured to provide a positive, non-threatening environment. 1:2-5 Ratio provided.

This program is designed to increase:

- Water Safety Skills
- Health and Wellness
- Physical Development and Self-esteem

Where: Santa Clara Natatorium (indoor swim facility)
1303 Fremont Street
Santa Clara, CA 95050

When: July 7, 2015 - August 11, 2015
Course #57403, 4:30 pm - 5:00 pm - (Ages 4-12)
Course #57404, 5:00 pm - 5:30 pm - (Ages 13+)

REGISTRATION: For Registration information please contact,

Melissa Santos, CTRS - Therapeutic Recreation Coordinator
Phone: 408-615-3183
email: msantos@santaclaraca.gov